



IWF WORLD CHAMPIONSHIPS

Riyadh (KSA) - September 4-17, 2023

China comes out top at weird and wonderful World Championships

The 2023 IWF World Championships had more athletes than ever before, and more surprises too.

Some days featured six sessions, with first weigh-in at 7am and the last lift after 11pm, to cope with the record entry of 719 athletes.

You had to be there early to see some of the headline-makers in action, because there were so many high achievers from not just from the B Groups, but from C and D too.

In the men's events, Weeraphon Wichuma from Thailand made weightlifting history by becoming the first C Group athlete to win a world title. Three other medals went to C Group lifters, and eight to those from the B Group.

In the 73kg Olympic category won by Wichuma, Tojo Andriatsitohaina from Madagascar missed a medal by 1kg from the D Group. Both he and fellow D Group athlete David Sanchez from Spain finished in the top seven on total. The top 10 finishers at 73kg and 102kg, both on the Paris 2024 schedule, featured collectively two from D, two from C and four from B.

A Group failures were as much a factor as B-C-D successes. Red lights for attempts five and six were commonplace in A sessions.

All five super-heavyweights who totalled 450kg or better in a top-class final session of the Championships failed with their final attempt. When winner Lasha Talakhadze dropped the bar in trying to jerk 260kg it meant that not one A Group lifter in any of the five Olympic categories made six-from-six.

The A Group women fared better, but two of the biggest favourites bombed out in the heaviest categories, Solfrid Koanda because of three snatch failures and Li Wenwen because she was injured in making the second of two no-lifts.

Two B Group women won medals, both in the non-Olympic 64kg category, and the "outlier" female medallist in the 59kg C Group was an Olympic champion, Kuo Hsing-Chun from Chinese Taipei.

Read more [here](#)



Weeraphon Wichuma (THA)



Kuo Hsing-Chun (TPE)



Lasha Talakhadze (GEO)

Aline de Souza (WRT): historical debut for the IWF

Never before in the history of a weightlifting competition, has the acronym WRT appeared in front of an athlete's name. It happened during the third day of the IWF World Championships in Riyadh. In the B session of the women's 55kg, Aline de Souza was the first-ever lifter representing a Weightlifting Refugee Team (WRT). After the IWF decision to launch such a team in March, seven athletes are now part of this group and Souza was the first to compete under this status.

Originally from Brazil, and born in June 1999, she managed a 82kg snatch, followed by a 100kg clean and jerk (her personal best is 85-100-185). *"I was expecting a bit better, but I am quite happy that I managed to have a total in these World Championships, my first senior ones"*. Presently living in Miami, in the United States, Souza attended a training camp for the Refugee Team in June in Sweden, and after that returned to preparation before the IWF showcase in Riyadh. *"Everything went very well and I arrived here in quite good shape. My preparation ran smoothly and consistently, according to the plan we had established with my coach [Patric Bettembourg]"*.

Commenting on the historical moment for our International Federation, Souza can't hide her satisfaction. *"Nervous? Not so much. I was extremely happy and proud to be the first, not only for the IWF, but also in terms of our group. I felt a lot of responsibility, but also a lot of gratitude in my heart"*. Asked about the atmosphere of the IWF showcase in Saudi Arabia, Souza considered that everything is *"very well organised and the set-up of the venue is really beautiful"*.

After more than seven years without competing, she confessed taking this challenge with a lot of *"emotion, as if it was the first event of my career"*. But at the end of the day, she thinks that she *"represented quite well the Refugee Team"*. This determination will naturally continue in the future: *"Always strive to lift heavier loads, so that I can progress in the world rankings"*.

Read more [here](#)



Aline de Souza (WRT)

OLYMPIC QUALIFICATION RANKING

After seven qualification events for the 2024 Olympic Games in Paris, including two IWF World Championships, one IWF Grand Prix, and four continental championships, the top-3 of the ranking after Riyadh 2023 is as follows:

Men

61kg

- 1.LI Fabin (CHN) - Jinju - 314
- 2.MASSIDA Sergio (ITA) - Riyadh - 302
- 3.IRAWAN Eko Yuli (INA) - Bogota - 300

73kg

- 1.ABDULLAH Rahmat Erwin (INA) - Bogota - 352
- 2.WICHUMA Weeraphon (THA) - Riyadh - 349
- 3.MIYAMOTO Masanori (JPN) - Jinju - 344

89kg

- 1.LI Dayin (CHN) - Jinju - 396
- 2.NASAR Karlos (BUL) - Yerevan - 395
- 3.VALLENILLA Keydomar (VEN) - Bogota - 385

102kg

- 1.LIU Huanhua (CHN) - Riyadh - 404
- 2.JANG Yeonhak (KOR) - Riyadh - 399
- 3.PAREDES Lesman (BRN) - Bogota - 397

+102kg

- 1.TALAKHADZE Lasha (GEO) - Yerevan - 474
- 2.MINASYAN Gor (BRN) - Jinju - 464
- 3.LALAYAN Varazdat (ARM) - Yerevan - 462

Women

49kg

- 1.JIANG Huihua (CHN) - Riyadh - 215
- 2.MIRABAI Chanu Saikhom (IND) - Bogota - 200
- 3.SUKCHAROEN Thanyathon (THA) - Jinju - 200

59kg

- 1.LUO Shifang (CHN) - Riyadh - 243
- 2.KONOTOP Kamila (UKR) - Riyadh - 236
- 3.ALVAREZ Yenny (COL) - Bogota - 234

71kg

- 1.LIAO Guifang (CHN) - Riyadh - 273
- 2.PALACIOS Angie (ECU) - Havana - 261
- 3.TOMA Loredana-Elena (ROU) - Bogota - 256

81kg

- 1.LIANG Xiaomei (CHN) - Riyadh - 281
- 2.AHMED Sara Samir (EGY) - Tunis - 268
- 3.KOANDA Solfrid (NOR) - Havana - 266

+81kg

- 1.LI Wenwen (CHN) - Jinju - 315
- 2.PARK Hyejeong (KOR) - Jinju - 295
- 3.CAMPBELL Emily (GBR) - Bogota - 287

[RESULTS RIYADH 2023](#)
[OLYMPIC QUALIFICATION RANKING](#)

OTHER HIGHLIGHTS IN RIYADH

IWF Congress: Unity of the weightlifting family allows unanimous approval of revised Constitution and new Strategic Plan

The IWF lived an extraordinary moment of unity on September 12, on the occasion of its Congress in Riyadh (KSA), the host city of the 2023 IWF World Championships. Two main documents for the future of the International Federations were approved by unanimity: the 2024-2032 IWF Strategic Plan, and the revision of the IWF Constitution.

At the end of the gathering, the IWF President Mohammed Jalood highlighted the importance of the moment: *"We showed a great determination to continue building a great future for weightlifting. I am very thankful for the positive spirit of our Member National Federations in the five continents, which clearly know what our priorities are: remain a strong partner in the Olympic movement, reinforce the principles of good governance, and ensure all is done to keep our sport clean"*.

Concerning the first-ever IWF Strategic Plan, it received unanimous support, with 114 delegates validating this essential roadmap in the life of the IWF.

For the Constitution, the support was even more substantial, with a total of 139 positive votes, a unanimous validation of the document. For a successful revision of this document, a 75% majority was needed: it reached 85.2% of the IWF full members.

The update of the IWF Constitution (approved in August 2021) included a formal review of the text, in order to simplify the reading and understanding of its content. Specific amendments clarify membership procedures of National Member Federations, the regulation of continental and regional associations, the call for ordinary, special and electoral congresses, the revised quorum for approval of constitutional changes (from 3/4 to 2/3 of the members), the separation in the functions of the General Secretary and the Treasurer, precisions regarding the terms of office (namely for Executive Board ex-officio members), and updates on the appointment of the CEO. *"We have now a Constitution that is more adapted to the modern functioning of our Federation. We haven't changed any substantial aspect related to good governance mechanisms, we have simply added some precisions to facilitate their implementation,"* concluded a "very happy" IWF President at the end of the Congress.

[Read more here](#)

[IWF CONSTITUTION](#)
[IWF STRATEGIC PLAN](#)



OTHER HIGHLIGHTS IN RIYADH

IWF EB Meeting in Riyadh: Another successful step forward!

Under the leadership of President Mohammed Jalood, the IWF Executive Board (EB) had a two-day meeting on September 10-11, on the occasion of a very successful 2023 edition of the IWF World Championships, taking place in Riyadh (KSA). Welcoming his EB colleagues, Mr Jalood underlined that this is a “very decisive moment in the history of our International Federation, on the eve of the IOC decision related to the 2028 Olympic Games programme”. The IWF President then recalled that “the weightlifting family is working united for the development of the sport, as much progress has been seen since the election of the EB in June 2022”. The staging of the 2023 IWF showcase in Riyadh was cited as a good example of “how the IWF improved the organisation of its events. The bar was set very high here – we have a record number of athletes and participating countries, in a very beautiful venue. The Saudi authorities have produced a great show and have ensured the best possible conditions to all participants in these Championships, a mandatory competition for all those aspiring to compete in Paris next year at the Olympic Games”.



Read more [here](#)

IWF/ITA Anti-Doping Education Seminar: the importance of making the right choice

More than 85 athletes and respective support personnel were today present at the IWF/ITA Anti-Doping Education Seminar, organised in Riyadh on the occasion of the IWF World Championships in Saudi Arabia. It was a privileged opportunity for many lifters and their entourage to acquire updated information about the anti-doping activities carried out by the International Testing Agency on behalf of our International Federation. The seminar was lectured by Christine Girard (CAN), ITA Ambassador, and double Olympic medallist in weightlifting. Antonio Urso (see photo on the left), the IWF Secretary General, welcomed the participants to the meeting.

“Our International Federation is undertaking a huge transformation and this relates to the culture change that is needed in the field of doping. We had serious problems in the past, but we have changed the paradigm and today, thanks to the collaboration and partnership with the ITA we have a solid, transparent, and reliable strategy,” Mr Urso considered.



Read more [here](#)